

ORAL PRESENTATION

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# Happy Being Me: outcomes of a peer-based body dissatisfaction prevention intervention in young adolescent girls

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This study aimed to examine body dissatisfaction and risk factor outcomes following participation in Happy Being Me, a 6-lesson peer-based prevention intervention for young adolescent girls. Participants were 491 female year 7 students randomly allocated to the Happy Being Me intervention condition (N=295) or control condition (N=196). Self-report questionnaire data was collected at baseline, post-program, and 6- and 12-month follow-up. Preliminary data analyses for the incomplete sample indicate baseline to 6-month follow-up improvements for internalisation of the thin ideal ( $F = 5.38$  (1, 332),  $p = .021$ ), appearance comparisons ( $F = 10.21$  (1, 312),  $p = .002$ ), and media literacy ( $F = 15.98$  (1, 327),  $p < .001$ ) in the Happy Being Me intervention condition relative to the control condition. Reductions in the intervention condition were not significantly different from the control condition for weight and shape concern ( $F = 0.28$  (1, 313),  $p = .599$ ) or body dissatisfaction ( $F = 2.48$  (1, 313),  $p = .116$ ). Twelve-month follow-up data will be presented for the complete sample. The results from this study provide preliminary evidence for positive outcomes following participation in a classroom delivered multi-component peer-based body dissatisfaction prevention intervention.

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